

Medicare open enrollment help available Oct. 15-Dec. 7

BY JACKIE SMITH
DCHD Senior Services

Medicare subscribers (those using traditional Medicare, private Medicare Advantage, prescription drug and Medigap/Supplemental plans) are allowed each year to make changes to their coverage. Getting everyone's changes finalized by early December ensures beneficiaries will have their updated Medicare changes in place at the start of 2018. Beneficiaries need to review their Advantage Plans as well as their Part D (prescription drug) yearly as costs and covered services may change. Annual notices of changes for these plans should have arrived in beneficiaries' mailboxes by late September. Clients need to bring along:

- Their Medicare cards
- All of the information pertaining to their prescription medications including name, dosage,

times per day

- Any award letter from Medicare, Medicaid, or Social Security if possible

Davis County Senior Services Medicare counselors are available during the open enrollment period by appointment at the following locations. Call 801-525-5050 for an appointment

- **Tuesdays**, Oct. 17 through Dec. 5 at Davis County Health Department, 22 South State Street, Clearfield.
- **Wednesdays**, Oct. 18 through Dec. 6 at Golden Years Senior Activity Center, 726 South 100 East, Bountiful.
- **Thursdays**, Oct. 19 through Dec. 7 (except Thanksgiving Day, Nov. 23) at Central Davis Senior Activity Center, 81 E. Center Street, Kaysville.
- **Mondays-Fridays**, 8 a.m.-5 p.m., (except holidays) by appointment only at Davis County Health Department Senior Services, 22 South State Street, Clearfield.

Free caregiver classes offered twice a month in county

Davis County Senior Services is offering free classes for individuals who care for family members that are older, or may need special care and assistance. Classes will be offered at two different locations twice a month throughout 2017. On Tuesdays, classes will be held at Fairfield Village (1201 N. Fairfield Rd., Layton), noon-1 p.m. On Thursdays, classes are at Golden Years Senior Activity Center (726 S. 100 E., Bountiful), noon-1 p.m. A light lunch will be provided at the classes but attendees must RSVP to 801-525-5050, option 5, by Monday at noon for that class week. Special thanks to Fairfield Village of Layton and Golden Years Senior Activity Center for hosting the classes, and Alpha Home Health and Hospice and Mountain America Credit Union for presenting.

Schedule:
Oct. 10 & 12: Caring for the Caregiver – Diane Allen, Alpha Home Health and Hospice
Oct. 24 & 26: Financial Fraud – Kimberly Boettcher, Mountain America Credit Union

The flu and you – be sure to get a shot this season

NATIONAL COUNCIL ON AGING

Influenza is a highly contagious respiratory illness that can be severe or life threatening especially for older adults. Adults over the age of 65 are more susceptible to catching the flu due to age-related weakening of the immune systems, making it more difficult to fight off the disease. For the 86 percent of adults 65+ who are managing a chronic condition, like diabetes or heart disease, the flu can be even more dangerous because it is more likely to cause severe complications and hospitalization. According to the CDC, the flu vaccination is the best way to prevent the flu. When should you get the flu shot? You should get a flu shot annually. For older adults, it's best that you get your vaccine as early in the season as possible to prevent contracting the flu from a loved one, caregiver, or friend. Flu season in the U.S. is typically between October and May, with peaks between December and February, meaning it's vital for you to get your shot before the holidays start. It's important to note that it does take two weeks after getting the shot for your body to build up full immunity. The flu vaccination is a Medicare benefit, with no copay, for adults 65 years of age and older who are Medicare beneficiaries. For more information about seniors receiving the flu shot, please call Davis County Health Department's Immunization Clinic at 801-525-5020.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	October 			5 CD – **Hearing & Vision screenings 10-12 GY – Lapidary 8:30 Craft Class 9:30 ND – Theatre Thursday 12	6 CD – Arthritis Exercise 9 Movie 12 GY – Stained Glass 9 Line Dancing 9 ND – Texas Hold 'em 12 Bingo 12:30	7
8	9 CD – DUP 10 Bingo 10:15 GY – Yoga 10 Line Dancing 10 ND – Lunch/Brain Games w/ LeeAnn 11:30 Bingo 12:30	10 CD – Square Dancing 12:30 GY – **Legal Consultation by appt. ND – Blood Pressure Clinic 10:30 **Craft class 10:30	11 CD – Watercolor 9:30 Blood Pressure 10:30 GY – Senior Social 11:15 ND – Free Card Making Class 10:30	12 CD – Lifetime Fit 9 Chair Tai Chi 10:30 GY – Arthritis Class 12:30 ND – Card Games / Knit & Crochet 12:30	13 CD – **AARP Smart Driving 10 GY – Enhance-Fitness 8 ND – Texas Hold 'em 12 Bingo 12:30	14
15	16 CD – Oil Painting 9 GY – Dancing Grannies 9 Bingo 12:30 ND – Lunch/Chancellor Gardens 11	17 CD – Lifetime Fit 9 GY – Wood Carving 9 Square Dancing 7-8:30 p.m. ND – **Pancake Brunch 10 (No congregate meal)	18 CD – Memory Magic 10:30 GY – **Trip to Gardner Village ND – **Hearing & Vision screenings 10 a.m.-1 p.m.	19 CD – Tai Chi 9:40 ASL Support Group 2 GY – Luana's Combo Band 10:30 ND – Theatre Thursday 12	20 CD – Bingo 10:15 Ceramics 12 GY – Sit N Fit 8:30 ND – Texas Hold 'em 12 Bingo 12:30	21
22	23 CD – Water Ex. 9 Bingo 10:15 GY – Pencil Art 9 Stained Glass 9 ND – **Lunch Bunch trip (location TBA)	24 CD – Lapidary 8:30 Lunch/Trivia Tuesday 11:30 GY – Zumba 9:30 Book Club 12:30 ND – Quilters 10 Blood Pressure Clinic 10:30	25 CD – Arthritis Exercise 9 Watercolor 9:30 GY – Positive Aging 5-7 p.m. ND – Wii Wednesday 10:30 Food Bank	26 CD – Reiki 10:30 Food Bank 12 GY – Enhance-Fitness 8 Craft Class 9:30 ND – Card Games / Knit & Crochet 12:30	27 **CD, GY & ND Oct. Birthday Party CD – Internet 101 9:30 GY – Tai Chi 9:30 ND – Halloween theme B-day party 11:30	28
29	30 CD – Lunch/Trivia of the Day 11:30 GY – Yoga 10 Oil Painting 1 ND – Texas Hold 'em 12 Bingo 12:30	31 CD – Lunch/Wear a Costume 11:30 GY – Tai Chi 10:30 Jewelry Making 12:30 ND – China Painting 9	Nov. 1 CD – Arthritis Exercise 9 Ceramics 12 GY – Ceramics 9 Bingo 12:30 ND – Tech Lab 10-12	Nov. 2 CD – Water Ex 9 Arts & Crafts 9 GY – Lapidary 8:30 Arthritis Class 12:30 ND – Theatre Thursday 12	Nov. 3 CD – Bingo 10:15 Ceramics 12 GY – Watercolor 9 ND – Texas Hold 'em 12 Bingo 12:30	4
** Call Senior Activity Center to Make Reservation (Note: Not all activities are listed on this consolidated calendar, activities are subject to change)						
CD ~ Central Davis (801) 444-2290 81 East Center Street Kaysville, UT 84037		GY ~ Golden Years (801) 451-3660 726 South 100 East Bountiful, UT 84010		ND ~ North Davis (801) 525-5080 42 South State Street Clearfield, UT 84015		

Have YOU protected YOUR loved ones?

Independent Trust Review • Living Trusts • Wills/Will Review
Powers of Attorney • Medical Directives • Supplemental Needs Trusts

Call TODAY to set up your FREE consultation

"Personal Care ... Professional Results"

ROWE & WALTON PC
Robyn Walton, Attorney at Law

801-298-0640 • 915 So. Main Street • Bountiful • www.rowewalton.com

Mention this ad and receive 15% off

Stay healthy through fall classes and workshops

Medicare 101 classes scheduled

Davis County Health Department's Senior Services offers a free one-hour class about Medicare options, enrollment, and benefits.

If you are turning 65 or preparing to retire, please join us for one of the following classes:

Tuesday, Oct. 17, 6:30-7:30 p.m. – Kaysville Library, 215 North Fairfield Road, Kaysville

Thursday, Nov. 9, 6:30-7:30 p.m. – Centerville Library, 45 S. 400 W., Centerville

For more information about the Medicare 101 class, contact Marie Jorgensen at 801-525-5086 or mjorgensen@davis-countyutah.gov.



the workshop. Family and friends of those with diabetes also are encouraged to attend.

Tomando Control de su Diabetes begins Wednesdays, Oct. 11-Nov. 15, 12:30-3 p.m., at the North

Davis Senior Activity Center (42 South State Street, Clearfield).

EnhanceFitness

EnhanceFitness is a national, evidence-based physical activity program geared to keeping seniors moving. EnhanceFitness focuses on improving cardiovascular health, muscle strength, flexibility, and balance.

A typical class is one hour long and begins with a 5 minute warm up, 20 minutes of cardio, and a 5 minute cool down; followed immediately by 20 minutes of strength training and 10 minutes of stretching.

Each EnhanceFitness participant will need to complete a pre-assessment fitness check and fill out the appropriate paperwork. Classes meet on Mondays, Wednesdays, and Fridays. Participants are encouraged to attend

as many classes each week as possible.

EnhanceFitness classes will begin again Friday, Oct. 13, 8 a.m., at the Golden Years Senior Activity Center (726 S. 100 E., Bountiful). Registration and fitness check are required before participation. A suggested contribution of \$2 per class or \$15 a month is requested as a donation.

Tomando Control de su Diabetes

Tomando Control de su Diabetes is the Spanish version of Living Well with Diabetes workshop. It is a fun, interactive six week workshop to help people with type 2 diabetes better manage their health. Anyone with type 2 diabetes and speaks Spanish should attend

Saving a Life from a potential catastrophe EVERY 10 MINUTES

I live alone

but I'm never alone.

I have Life Alert®.



Fall Emergency



Home Invasion



Fire Emergency

One press of a button sends help fast, 24/7, for:

medical • fall • fire • invasion • CO gas emergencies

even when you can't reach a phone.

Life Alert®

No landline? No problem!

For a FREE brochure call:

1-844-203-2809

Did you know you can schedule your appointment with Dr. Heaton ONLINE?

Go to legacy-dermatology.com and see open exam times, book your appointment for a skin exam, mole check, Botox, filler or for any of your dermatology needs.



LEGACY DERMATOLOGY

801-797-9121

320 West 500 South • Suite 210
Bountiful, Utah
(above Ski N See)

www.legacy-dermatology.com

Legacy Dermatology, the office of Dr. Jared R. Heaton, specializes in skin cancer diagnosis and treatment, MOHS surgery, mole exam and removal, acne, warts, skin diseases, spider vein treat, CO2 laser skin resurfacing, and many other cosmetic skin procedures.

Dr. Jared R. Heaton D.O.
Board Certified Dermatologist

GRAND OPENING!

The former owners of BOUNTIFUL NUTRITION, Steve & Kate Nelson, are opening a new health food store!
Please come by and see what we're up to.

TAKE TWO NUTRITION

1430 South 500 West Woods Cross, Utah 84087
(Next to Sherwin Williams)

OPENING DAY:
OCTOBER 2, 2017
10:00 am – 6:00 pm

Yes! We're Back!